

# Talking Atomic Watch

**Speaks the time and date in a clear voice with radio controlled accuracy**

40 pence (exc. VAT) per product sold is paid to REL, which covenants all its taxable profits to RNIB, registered charity (no. 226227).

Models covered by this manual include: 407GL, 407GB, 407LL & 407LB



Thank you for purchasing your Lifemax Talking Atomic Watch. Your watch is radio controlled, enabling it to set the time and date automatically, as well as adjust for daylight savings. It announces the time and date in a natural male English voice at the touch of a button.

Your watch is preset to receive the UK time signal. The UK transmitter is located in Anthorn, Cumbria and broadcasts up to 620 miles (approx 1,000km). In addition to the UK, an atomic signal is available in Germany, Japan and USA (Pacific, Mountain, Central and Eastern).

In regions where an atomic signal cannot be received, the time can be set manually.

**The date function is only available when the watch has received the atomic signal.**

**IF YOU HAVE PURCHASED THIS WATCH FROM THE RNIB PLEASE ENSURE YOU CONTACT LIFEMAX DIRECTLY WITH ANY FAULTS, WARRANTY CLAIMS OR BATTERY REPLACEMENTS. THIS IS TO ENSURE YOUR ENQUIRY IS DEALT WITH SWIFTLY AND WILL HELP TO REDUCE THE AMOUNT OF TIME YOU ARE WITHOUT YOUR WATCH DURING REPAIR. PLEASE CALL 01635 874323.**

**IMPORTANT- THIS WATCH IS IN POWER SAVING MODE WHEN RECEIVED**  
**In the power saving mode the hands are stopped at the 1 o'clock position. To turn the watch on, press and hold the button at 2 o'clock until the hands start to spin. The hands will stop when they match the internal timekeeping.**

## Button Functions

The following functions are applicable when the watch is in NORMAL mode

- S1: Located at 2 o'clock, the watch will announce the time when pressed once and the date when pressed twice. If pressed three times, the watch will announce the country signal it is set to receive and whether this has been updated.
- S2: Recessed at 4 o'clock, when pressed the watch will announce the alarm time and whether the alarm is on or off.
- C: Located at 3 o'clock, pulling out the crown will stop the watch and reset the hands. **You should not use the crown when the hands are turning quickly**



## Watch Menu Mode

To enter Menu Mode, press and hold S2 until the watch says “Set alarm, press 2 o’clock button to set”. Each subsequent press of S2 will move to the next option of the menu, as follows:

- |    |                         |  |
|----|-------------------------|--|
| 1. | Set Alarm               | To set a time for the daily alarm                                      |
| 2. | Alarm On/Off            | To turn the daily alarm On or Off                                      |
| 3. | Chime On/Off            | To turn the hourly announcement On or Off                              |
| 4. | Global Signal Selection | To select the required time signal                                     |
| 5. | Set Time                | To manually set the time<br>(when an atomic signal cannot be received) |

Press 2 o’clock button (S1) to select the required menu option.

### 1. Set Alarm

- Enter the menu mode (see Watch Menu Mode)
- Choose the option SET ALARM and confirm with S1
- Press S1 to select hour and confirm with S2, listen carefully for AM or PM
- Press S1 to select minute and confirm with S2
- Press S2 to confirm time



**Select hour  
or minute**  
**Confirm**

When turned on, the alarm will sound for 30 seconds at the selected time. Press any button to silence the alarm. The alarm will sound every day until it has been deactivated. To deactivate follow the Alarm On/Off instructions below.

### 2. Alarm On/Off

- Enter the menu mode (see Watch Menu Mode)
- Choose the option ALARM ON/OFF and confirm with S2
- To turn the alarm ON or OFF press S1
- Press S2 to confirm



**Select alarm  
on or off**  
**Confirm**

To check the status of the alarm press S2 in NORMAL mode.

### 3. Chime On/Off

- Enter the menu mode (see Watch Menu Mode)
- Choose the option CHIME ON/OFF and confirm with S1
- To turn the chime ON or OFF press S1
- Press S2 to confirm



**Select chime  
on or off**  
**Confirm**

When the chime is on the watch will make an hourly announcement of the time.

## 4. Global Signal Selection

You can set your watch to receive Germany, Japan, USA (PST, MST, CST, EST) or UK time signals. When you select a new country, the hands will move quickly during the adjustment and then return to normal.

- Enter the menu mode (see Watch Menu Mode)
- Choose the option GLOBAL SIGNAL SELECTION and confirm with S1
- Choose the required time zone by repeatedly pressing the S1 button
- Press S2 to confirm selection.



**Select time zone**

**Confirm**

## 5. Set Time (Manual Time Setting)

Use this function in regions where an atomic signal is unavailable, such as when travelling. Your watch will need to be reset when returning to a region with a signal.

- Enter the menu mode (see Watch Menu Mode)
- Choose the option SET TIME and confirm with S1
- Press S1 to select hour and confirm with S2, listen carefully for AM or PM
- Press S1 to select minute and confirm with S2
- Press S2 to confirm time



**Set hour or minute**

**Confirm**

The hands will spin rapidly to adjust to the selected time and then resume as normal. Please be patient while the hands adjust. It is not possible to manually set the date.

## Adjusting Watch Hands

If the voice on your watch is speaking the correct time but the hands on your watch do not match, adjust the hands using the crown. The crown is at three o'clock on the watch. Adjust the hands by pulling the crown away from the body of the watch and then turning. Ensure you have depressed the crown back into the watch once the adjustment has been made.

## Resetting your watch after replacing the battery

If you have replaced the battery it is necessary to reset your watch. Follow the instructions below to allow the watch to function correctly.

**Once the battery has been replaced the second hand will move at twice the normal speed.**

- Pull the crown out to stop the hands moving.
- Push the crown back in and press the S1 button three times. The second hand will begin to move at normal speed and the voice function will activate.
- When the second hand reaches 12, pull the crown out to stop the hands moving and adjust the hands with the crown so they are all at 12.
- Push and hold S1 for 3 seconds and then push the crown in. The second hand will then spin and catch up with the spoken time
- Press and hold S1 again for 3 seconds, the second hand will spin and then stop. The watch is now seeking the atomic signal. Place in a window for up to half an hour whilst the watch sets itself.

## Caring for your watch

Your watch is not water-resistant and should not be immersed in water. Should the watch accidentally become wet, wipe dry quickly and do not operate until dry. When not being used for a long period of time, keep the watch in a cool dry place.

## Battery Replacement

If the watch hands move one step for every two seconds and there is no talking function, that battery is low and requires replacing. It is recommended that this watch be returned to Lifemax for any battery replacement or watch service that is required. This service is available for £15, inclusive of return P&P within the UK.

**Should you chose to replace the battery yourself, following battery replacement it will be necessary to reset the watch. Please refer to 'Resetting your watch after replacing the battery' for guidance.**

### WARRANTY

**Your Lifemax watch has a 1 year return to base warranty. Please note that the warranty only covers mechanical failure of the watch. The warranty covers full repair of the watch. In the event that the watch cannot be repaired we will replace it with a like-for-life model.**

**Watch batteries are not covered by the warranty.**

**Please register your warranty by visiting the link below and submitting your details.**

**<https://www.lifemaxuk.co.uk/warranty>**

## Troubleshooting

### **My watch is not receiving a time update?**

***You are outside of the UK, Germany, USA or Japan and cannot receive a signal***

Please follow the instructions for manual time setting  
(**5. Set Time** - Manual Time Setting).

***Your watch is set to the incorrect time zone for your location***

Please follow the instructions for global signal selection  
(**4. Global Signal Selection**).

***You are in a built up area/signal is affected by interference from electronic devices.***

To receive a time update place the watch by a window overnight to get the strongest signal. If your watch is unable to receive an update it will continue to function as a standard watch. The time will be corrected the next time it receives the time signal.

**The voice/hands on my watch are out of sync but the watch says 'UK time updated'?**

Please refer to 'Adjusting Watch Hands'.

### **Lifemax Limited**

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Retain for future reference.

